

Bok Choy Wrappers

Meal Components: Fruits, Vegetable - Dark Green, Grains, Meat / Meat Alternate

Sandwiches, F-11r

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		1 gal 2 qt		3 gal	1. Boil water.
Brown rice, long-grain, regular, dry 5 lb		3 qt 1/2 cup	10 lb	1 gal 2 1/4 qt	2. Place 2 lb 8 oz brown rice in each steam table pan (12" x 20" x 2 1/2"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. 3. Pour water (3 qt per steam table pan) over brown rice. Stir. Cover pans tightly. 4. Bake: Conventional oven: 350 °F for 40 minutes Convection oven: 325 °F for 40 minutes. 5. Remove from oven and let stand covered for 5 minutes.
*Fresh bok choy, sliced 1/4"	3 lb 6 oz	1 gal	6 lb 12 oz	2 gal	6. Combine brown rice, bok choy, pineapple, chicken, sweet and sour sauce, and soy sauce. Pour into steam table pans (12" x 20" x 2 1/2").
Canned pineapple tidbits, in 100% juice	6 lb 10 oz	3 qt (1 No. 10 can)	13 lb 4 oz	1 gal 2 qt (2 No. 10 can)	
Frozen, cooked chicken strips,	6 lb 2 oz	1 gal 2 qt	12 lb 4 oz	3 gal	

Sweet and sour sauce		1 qt 2 qt		3 qt	
Low-sodium soy sauce		2 Tbsp		1/4 cup	
					<p>7. Bake: Conventional oven: 350 °F for 30 minutes Convection oven: 350 °F for 20 minutes.</p> <p>8. Critical Control Point: Hold for hot service at 135 °F or higher.</p>
*Fresh romaine lettuce, outer leaves, rinsed, dry	5 lb	100 leaves	10 lb	200 leaves	<p>9. Top each romaine lettuce leaf with a 6 fl oz spoodle (¾ cup) of filling. Optional: garnish with diced red peppers. Fold sides of lettuce in toward center; roll up like burrito. Place seam side down. Serve immediately.</p> <p>10. Serve 2 wraps.</p>

Notes

Our Story

Students with a passion for food were handpicked by their food science teacher. The culinary knowledge of their school nutrition professional and a local chef, along with the organizational skills of a community member, rounded out this recipe challenge team. They combined their love of food, clever personalities, and amazing ideas to create a recipe students would enjoy.

The team used bok choy, a dark-green leafy Chinese cabbage, a new vegetable for most students. They knew that presentation would be the key in getting students to try it.

This recipe challenged kids to try something new. Bok Choy Wrappers are not your typical wrap! They let you eat with your hands by

making a wrap of crisp romaine lettuce leaves filled with a delicious and nutritious combination of chicken, pineapple, brown rice, and of course, bok choy!

Winograd K-8 Elementary School

Greeley, Colorado

School Team Members

School Nutrition Professional: Kara Sample, RD, SNS

Chef: Amanda Smith

Community Member: Emily Wigington (AmeriCorps VISTA Volunteer)

Students: Jace K., Bethany V., Abraham A., and Amairani P

Note: Serving size may be too large for younger children and they may not be able to easily assemble the wrap. Filling may also be served over a bed of romaine lettuce.

*See Marketing Guide for purchasing information on foods that will change during 4 ½ lb preparation or when a variation of the ingredient is available.

Students can assemble their own lettuce wraps. Portion 1 ½ cups filling along side 2 romaine lettuce leaves. May also serve over a bed of romaine lettuce.

Extra lettuce leaves can be used for making salads.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide		
Food as Purchased for	50 Servings	50 Servings
Bok choy	4 1/2 lb	9 lb
Romaine lettuce	8 lb	16 oz

Serving	Yield	Volume
Two wraps provide 1 oz equivalent meat, 3/4 cup dark green vegetable, 1/8 cup fruit, and 1 1/2 oz equivalent grains.	<p>50 Servings: about 27 lb (filling) about 5 lb (Romaine lettuce)</p> <p>100 Servings: about 54 lb (filling) about 10 lb (Romaine lettuce)</p>	<p>50 Servings: about 3 gallons 1 1/2 quarts (filling) about 3 quarts (Romaine lettuce) 100 wraps</p> <p>100 Servings: about 6 gallons 3 quarts (filling) about 6 quarts (Romaine lettuce) 200 wraps</p>

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Nutrients Per Serving					
Calories	376.1	Saturated Fat	2.32 g	Iron	2.2 mg
Protein	12.83 g	Cholesterol	22.64	Calcium	71 mg
Carbohydrate	56.18 g		mg	Sodium	376.84
Total Fat	11.15 g	Vitamin A	4449.94		mg
			IU	Dietary Fiber	5.22 g
		Vitamin C	27.55		
			mg		